

## UW-L offers activity camp during break

**What:** 2009 University of Wisconsin-

La Crosse Winter Youth Sports and Fitness Camp

**Where:** UW-L Mitchell Hall, gymnasiums and classrooms

**When:** 8 a.m. to 5 p.m. Dec. 28 to 30

**Cost:** \$30 for one day, \$55 for two days and \$80 for three days

To register: Go online at [www.uwlcamps.com](http://www.uwlcamps.com)

It sometimes can be difficult for parents to motivate children to be physically active during Christmas break.

The bitter cold can make outdoors a little unpleasant, so children stay inside.

The University of Wisconsin-La Crosse provides a great indoor activity alternative for three days during the break with a winter youth sports and fitness camp.

Brian Udermann, a UW-L faculty member in the Department of Exercise and Sport Science, started the camp seven years ago for children ages 5 to 12. The 2009 camp will be Dec. 28 to 30.

"It's a great opportunity to get kids off the couch and away from TV and video games," Udermann said. "Parents say the kids love it, and when the kids go home they're exhausted because they just played for nine hours."

Activities include basketball, football, volleyball, soccer, kickball, dodgeball, whiffleball, ultimate Frisbee and games, Udermann said. He also brings other people in to offer education, he said, including a firefighter, a police officer with a dog, a dentist and staff talking about sportsmanship, teamwork and nutrition.

"It's our goal to get kids up and moving and having fun doing it," Udermann said.

Udermann said the program has expanded to 150 children. Most of the staff are physical education majors. The camp is a fundraiser for the UW-L Physical Education Club.

## About the Author

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